

HURLEY SENIOR CENTER

JULY 2018

Hurley M-F 561-2108 Iron belt Thur 561-2091 Saxon M-W 893-2333

Springstead Wed 476-2113 or 800-950-8744 Mercer Tue-Thu 476-2113 or 800-950-8744

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
1	2 Chicago Style Hot Dog Tator Tots Baked Beans Coleslaw Chocolate Pudding	3 Pepper Steak over rice Montecarlo Blend Vegetable Fruit Salad IceCream Sandwich Card Games	4 CLOSED DUE to 4th of July Holiday Bingo	5 Lemon Chicken Couscous in garlic olive oil French Cut Green Beans Cottage Cheese Raspberry Shortcake	6 Ham salad sandwich on a croissant Pea Soup Copper Penny Salad Blueberry Crisp	7
8	9 Beef Enchilada Pinto's and Cheese Spanish Rice Corn Salad Sherbet	10 Pork chops Baked Potatoes with sour cream Peas and Carrots Applesauce Cake Card Games	11 Baked Chicken Mashed Potato California blend Veg. Tossed Salad Brownies Bingo	12 Tuna Noodle Cassarole Broccoli Slaw Pudding	13 Turkey Burger w/ lettuce & Tomatoe Rice Pilaf Cucumber Salad Jello with fruit	14
15	16 Baked Haddock Sweet Potato Broccoli Cottage Cheese Pudding	17 Turkey Bacon Ranch Wrap w/lettuce & tomato Potato Chips Mixed melon Cookies Card Games	18 PARTY Swiss Steak Mashed Potato Winter Blend Veg. Beet Salad Peach Cobbler Bingo	19 Ham Obrien Potatos Carrots Pea Salad Muffins	20 Chicken Pot Pie Roasted Brussel Sprouts Cole Slaw Cinnamon Rolls	21
22	23 Cheese Ravioli with meat sauce Montecarlo Blend Vegetable Tossed Salad Italian Ice	24 Pizza Pasta Salad Jello with fruit Card Games	25 Beef Tips Egg Noodles Corn 3 bean Salad Yogurt with fruit Bingo	26 Baked Chicken Augratin Potatoes Country Blend Veg. Tomatoe & Cuke Salad Apple Crisp	27 Chef Salad Cookies	28
29	30 Beef Stew Biscuits Kidney Bean Salad Pudding	31 Sloppy Joe's Tator tots Packer Beans Tomato Salad Donuts Card Games				Bread & Milk Included with every meal

PLEASE...CIRCLE THE MEALS YOU WANT

Please...Make reservations 24 hours in advance

This menu has been approved by Anna Mooi: Registered Dietician

* Items may be changed without notice. All substituted items meet or exceed USDA standards for RDA.
